

Food Adulteration & Our Rights - II



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Summary

- Selection of wholesome and non-adulterated food is essential for daily life to make sure that such foods do not cause any health hazard.
- Although it is not possible to ensure wholesome food only on visual examination only because toxic contaminants are present in ppm/ ppb level. However, it ensures absence of insects, visual fungus, foreign matters, etc before purchase.
- Label declaration on packed food is very important for knowing the ingredients and nutritional value. It also helps in checking the freshness of the food and the period of best before use.
- The consumer should avoid taking food from an unhygienic place and food being prepared under unhygienic conditions.
- Consumption of cut fruits being sold in unhygienic conditions should be avoided.



- *Malnutrition is the big human rights issue*

Injurious Adulterants in Foods

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Pakistan Food Laws

Pakistan does not have an integrated legal framework but has a set of laws, which deals with various aspects of food safety. However, like many other laws, these laws remain very poorly enforced.

There are three laws that specifically deal with food safety. They are:

- Pakistan Standards and Quality Control Authority Act.
- The Pure Food Ordinance 1960 .
- Pakistan Hotels and Restaurant Act, 1976 .

Health is Basic Human Right

- ❑ Millenium Development Goals (MDG)